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ABSTRACT

This brief directory lists 28 agencies providing culturally sensitive printed health materials for American Indians and Alaska Natives. Each entry provides the agency's address; telephone number; fax number; and annotated titles available, with price. Many materials are free. There is also a subject index with these categories: adolescent pregnancy prevention, aging, AIDS, alcoholism, breast health, cancer, child welfare, data/statistics, diabetes, domestic violence, exercise, fetal alcohol syndrome, health education, nutrition, oral health, prenatal care, smoking cessation, substance abuse, and women's health. (SAS)

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ED 416 040

AMERICAN INDIAN & ALASKA NATIVE

SOURCES OF HEALTH MATERIALS

American Indians are one of the smallest minority groups in the United States with an estimated population of 2.3 million, according to the 1996 U.S. Bureau of Census Population Estimates.

The Federal Indian Health Services (IHS) designations of subgroups are American Indians, Alaskan Eskimos, Aleuts, and Native Hawaiians. American Indian populations are disproportionately affected by serious health problems such as diabetes; heart disease and stroke; infant mortality, and heart disease.

The search for publications concentrated on the minority health priority areas identified by the DHHS Secretary's Task Force on Black and Minority Health-cancer; chemical dependency; diabetes; heart disease and stroke; infant mortality; and homicide, suicide, and unintentional injuries-and the associated risk factors. Although this resource list indicates some of what is available, it is important to note materials were not identified in some subject areas.

This is a listing of culturally sensitive printed health materials identified for American Indians by the Office of Minority Health Resource Center (OMH-RC). The listing includes sources of information for AIDS, cancer, child development, diabetes, high blood pressure, nutrition, and substance abuse, however this is not a comprehensive listing of all organizations and all printed educational materials for the American Indian population.

The OMH-RC has prepared a separate listing, Sources of Health Materials for Asians and Sources of Health Materials for Pacific Islanders, which include materials for Native Hawaiian populations.

A subject index has been included to assist in identifying materials on specific topics. Organizations included in this listing should be contacted directly to determine the cost and availability of bulk quantities or for permission to copy.

The OMH-RC has not evaluated the materials included in this resource list. It is the responsibility of the reader to review the materials to determine their appropriateness for the intended audience. Inclusion does not imply endorsement by OMH-RC, the Office of Minority Health, the U.S. Public Health Service, or the U.S. Department of Health and Human Services.

OMH-RC is continually seeking health information resources for U.S minority populations. If you are aware of sources of materials that have not been included, please share the information with OMH-RC.

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P.O. Box 37337
Washington, DC 20013-7337
800 444 6472

TDD 301-589-0951
FAX 301-589-0884

e-mail: info@omhrc.gov
http://www.omhrc.gov

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Alcoholics Anonymous (AA)

Box 459, Grand Central Station
New York, NY 10163
212-870-3400
212-870-3003 (fax)

"*AA for the Native North American*" (booklet). Describes how thirteen Native American men and women successfully gave up drinking and are now living fruitful, sober lives. Single copies free.

American Association of Retired Persons

601 E Street NW
Washington, DC 20049
202-434-2460

Health Risks and Preventive Care Among Older American Indians and Alaska Natives (pamphlet). Lists the leading causes of death among older American Indians and Alaska Natives and the modifiable risk factors affecting their health. Single copies free.

American Cancer Society

California Division
1700 Webster Street
Oakland, CA 94612
510-452-5229
510-835-8656 (fax)

What Men Should Know About Cancer (brochure) and *What Women Should Know About Cancer* (brochure). Basic early detection and cancer prevention information cooperatively developed with the United Indian Health Services, Inc.

Take Control - 10 Steps to a Healthier Life (brochure). Presents nutritional and other lifestyle choices.

Learning the Warning Signs of Cancer (poster). Poster illustrates a Native American man, woman, and child with the slogan: "Caring for your loved ones means caring about your health...learn the warning signs of cancer."

American Cancer Society

Alaska Division, Inc.
1057 West Firewood Lane
Anchorage, AK 99503
907-277-8696

Breast Cancer Screening: A Healthy Habit for Life (pamphlet) is an easy-to-read brochure aimed at Alaska Natives. Discusses breast self-exams, clinical breast exams, mammography, risk factors and follow-up care. $.10 donation/$.50 if outside of Alaska.

The Pap Test: A Healthy Habit for Life (pamphlet) is an easy-to-read brochure aimed at Alaska Natives. Discusses the Pap test, normal and abnormal Pap results, and follow-up for abnormal Pap tests. $.35 per copy.

Arizona Department of Health Services

Office of Oral Health
1740 West Adams Street, Room 10
Phoenix, AZ 85007
602-542-1866

Has brochure on senior citizens and oral health care concerns and a poster discussing oral health for Native Americans. No charge.

American Dietetic Association

216 West Jackson Boulevard
Chicago, IL 60606-6995
800-877-1600, ext. 5000
312-899-4899 (fax)

Distributes "*Ethnic and Regional Food Practices: Alaska Native Food Practices, Customs, and Holidays*" and "*Ethnic and Regional Food Practices: Navajo Food Practices, Customs, and Holidays*," professional guides, $8.50 each ADA member, $10 each non-member.

Also Publishes Indian & Pakistani Food Practices, Customs, and Holidays, CaJun & Creole Food Practices, Customs, and Holidays, and Jewish Food Practices, Customs, and Holidays, All are &8.50 each ADA member. &10.00 each non-member. Call for a catalog.

California Rural Indian Health Board, Inc.

Native American AIDS Advisory Board
1451 River Park
Sacramento, CA 95815
916-929-9761
916-929-7246 (fax)

Stop AIDS in Indian Country (poster). Pictures a red stop sign with AIDS written across it and blue feathers hanging around it. 1-5 copies free; more than 5 copies, $0.95 each, plus shipping.

Cherokee Nation Diabetes Prevention Coalition

P.O. Box 948
Tahlequah, OK 74465
918-456-0671, Ext. 372
800-722-4325 (Oklahoma only)

Diabetes Kills or Disables Indians (pamphlet). Lists prevention steps to avoid diabetes. Single copies free.

Food and Nutrition Information Center (FNIC)

National Agricultural Library
10301 Baltimore Avenue, Room 304
Beltsville, MD 20705-2351
301-504-5719
301-504-6409 (fax)

Cultural Perspectives on Food and Nutrition (bibliography). This bibliography lists materials on cultural dietary observances, food habits of various regions and groups, cultural influences of food choice and nutritional anthropology. Single copies free.

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Indian Health Service
2401 12th Street, NW
Room 211N
Albuquerque, NM 87102
Eat Less Fat,(pamphlet) reviews the role of fat in the diet of Native Americans with diabetes. Easy-to-read- English is combined with culturally appropriate drawings to present basic information. Single copy free.

INMED Program
University of North Dakota School of Medicine & Health Sciences
P.O. Box 9037
Grand Forks, ND 58202-9037
701-777-3037
701-777-3277 (fax)

"Good Medicine for Our People" (coloring book). A coloring book with pictures of doctors, nurses, and patients. The book also describes the current need for Native Indians in health careers. Suitable for elementary students. Single copies free.

"Serpent, Staff and Drum" (newsletter). INMED's quarterly newsletter describes program activities and includes information pertinent to college counselors and Native Indian health careers students. Suitable for junior high students through adult. Single copies are free.

"Indians into Medicine" (program information book). Describes summer enrichment sessions and academic year support services for Native Indians preparing for health careers at the University of North Dakota. Suitable for junior high students throughadult. Single copies are free.

"Healthy Games and Teasers" (activity book). Includes puzzles, mazes, word searches and other games to test knowledge of the human body and awareness of Native Indian tribes. Suitable for upper elementary students through adult. Single copies are free.

"INMED...Our Way of Giving-Remembering the Indian Way" (poster). Gives a brief description of the INMED program. Single copies free.

Maniilaq Association Health Education Program
P.O. Box 256
Kotzebue, AK 99752
907-442-3311

Prevent Fetal Alcohol Syndrome (brochure). Describes fetal alcohol syndrome and its prevention. Single copies free.

Good Food for Life (brochure). Describes some of the traditional foods of Alaska Natives. The Good Food For Life Series includes: Berries, Seal, Caribou, Fish, and Plants. Single copies free.

Minnesota Department of Health
Cancer Control Program
717 SE Delaware Street
P.O. Box 9441
Minneapolis, MN 55440
612-623-5500

The Path for Health: Important Health Information for Indian Women (Pamphlet). Developed by the Minnesota Breast and Cervical Cancer Control Program (Minnesota Department of Health) and participating tribes, this "easy-to-understand" pamphlet includes information such as the Pap test, risk factors, ways women can protect themselves, and a space to identify the name of the local clinic where one can obtain a Pap test. No charge.

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852-2345
800-729-6686
301-468-2600

An Inner Voice Tells You Not to Drink (poster). Colorful poster featuring a drawing of a pregnant Native Indian woman. States that drinking during pregnancy is harmful to the baby. Free.

American Indian Posters (poster). Colorful prevention poster depicting Native Indian scenes offer a clear message: join the circle and break the cycle of addiction.

National Diabetes Information Clearinghouse
One Information Way
Bethesda, MD 20892-3560
301-654-3327

The Pima Indians: Pathfinders for Health is a booklet that describes the role of the Pima Indians in helping to understand diabetes and details the National Institute of Diabetes & Digestive & Kidney Disease's efforts to improve clinical care and self-management practices among the Pima Indians. This booklet is illustrated with historic photos & Pima artwork.

National Native American AIDS Prevention Center
134 Linden Street
Oakland, CA 94607
800-283-2437 AIDSLine
510-444-2051
510-444-1593 (fax)

Operates a clearinghouse of information on Native American-specific HIV prevention materials.

Native American Women Health Tracking System
1999 Broadway, Suite 2530
Denver, CO 80202
303-293-9128

Provides *We Are the Circle of Life* booklets on the Pap test and Pap test results.

Pap test booklet - $1.75 for single copy. Pap Test Results booklet - $1.25 single copy and *We Are the Circle of Life* poster - $5.00 single copy.

Native American Women's Health Education Resource Center
P.O. Box 572
Lake Andes, SD 57356-0572
605-487-7072
605-487-7964 (fax)

Traditional Values Can Stamp Out the AIDS Virus (Poster). Describes the importance of being informed about AIDS and sharing this information, rejecting peer pressure, accepting others in sickness and in health,

and respecting one's body and the decisions of others. Single copies free plus $2.00 postage and handling.

Mom and Son (pamphlets). Illustrates a discussion between a Native Indian mother and son about AIDS. Chapter I is designed for grades K-5, Chapter II is for grades 4-7 and Chapter III is for grades 6-12. Single copies free plus $2.00 postage and handling.

How to Examine Your Breasts (poster). Describes in pictures and text how to do a breast self-exam. Single copies free plus $2.00 postage and handling.

Other materials include brochures and posters on AIDS, fetal alcohol syndrome, domestic violence, environmental issues, and smoking.

Navajo Nation Family Planning Corporation

P.O. Box 1869
Window Rock, AZ 86515
602-871-5092/5093

Women's Health Care (Booklet). The topics in this booklet are explained in a very general and simple way. Some of the topics include: The importance of women's health, your menstrual cycle, self breast exam, alcohol,smoking and drugs, birth control, std's, what a pelvic exam is, safe sex practices and more.

Parent Advocacy Coalition for Educational Rights

4826 Chicago Avenue South
Minneapolis, MN 55417-1098
612-827-2966

They provide books for American Indian parents of children with disabilities.

Seattle Indian Health Board

P.O. Box 3364
Seattle, WA 98114-3364
206-324-9360
206-324-8910 (fax)

Provide brochures, posters on HIV/AIDS, domestic violence, diabetes, child welfare, alcohol & drug abuse, teen pregnancy and other topics.

Seneca Nation of Indians Health Department

Lionel R. John Health Center
P.O. Box 500
Salamanca, NY 14779
716-945-5894
716-945-0308 (fax)

AIDS Can Find Many Roads to the Reservation (pamphlet). Lists the telephone numbers of the local health centers, the State AIDS Hotline and the National Indian AIDS Hotline. Single copies free.

Southwest Regional Center for Drug-Free Schools and Communities

555 Constitution Avenue, Suite 138
Norman, OK 73037-0005
800-234-SWRC
Provides information, training, and technical assistance on alcohol and drug abuse programs for Native Americans in schools and local communities.

Universal Health Communications, Inc.

Colonial Center
1200 South Federal Highway, Suite 202
Boynton Beach, FL 33435
800-222-7842
407-731-5881
407-731-5877 (fax)

Video productions covering all topics in health, safety, environment, mental health, race relations, and school (K-college) topics. Library of videos includes multi-lingual and multi-ethnic programs. Videos for children, teens, adults, teachers, counselors, and health professionals. Contact UHC for specific lists or pricing information.

USPHS Indian Health Service Diabetes Program

5300 Homestead Road NE
Albuquerque, NM 87110
505-837-4182

Provides booklets on the fifth and sixth-grade reading level covering all aspects of diabetes. Booklets available only to providers serving Native Americans. No charge for copies.

USPHS Indian Health Service Public Affairs Staff

Parklawn Building, 6-35
5600 Fishers Lane
Rockville, MD 20857
301-443-3593
301-443-0507 (fax)

Provides report, *Trends in Indian Health 1996: Regional Differences in Indian Health 1996*, and *Comprehensive Healthcare Programs for American Indians & Alaska Natives.*

USPHS Indian School Health Center

Attn: Michael D. Brown, R.N., B.S.N.
Haskell Health Center
P.O.Box 864
Lawrence, KS 66044
913-843-3750

Indian Single Young Men! Having Sex Now is Risky (brochure). Describes the risks of being sexually active, birth control choices, sexually transmitted diseases, and AIDS. Poster picturing a Native Indian youth holding a baby is also available. Single copies free. Send self-addressed, stamped envelope.

Zuni Wellness Center

P.O.Box 308
Zuni, NM 87327
505-782-2665

The Center provides manuals on weight loss programs geared towards American Indians.

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SUBJECT INDEX

Adolescent Pregnancy Prevention
Seattle Indian Health Board
USPHS Indian School Health Center

Aging
American Association of Retired Persons
Arizona Department of Health Services

AIDS
California Rural Indian Health Board, Inc.
National Native American AIDS Prevention Center
Native American Women's Health Education Resource Center
Seattle Indian Health Board
Seneca Nation of Indians Health Department
USPHS Indian School Health Center

Alcoholism
Alcoholics Anonymous

Breast Health
American Cancer Society - Alaska Division
Native American Women's Health Education Resource Center

Cancer
American Cancer Society - Alaska Division
American Cancer Society - California Divison
Minnesota Department of Health

Child Welfare
Seattle Indian Health Board

Data/Statistics
Seattle Indian Health Board
USPHS Indian Health Service Public Affairs Staff

Diabetes
Cherokee Nation Diabetes Prevention Program
Indian Health Service
National Diabetes Information Clearinghouse
Seattle Indian Health Board
USPHS Indian Health Service Diabetes Program

Domestic Violence
Seattle Indian Health Board

Exercise
Zuni Wellness Center

Fetal Alcohol Syndrome
Maniilaq Association Health Education Program
National Clearinghouse for Alcohol and Drug Information (NCADI)

Health Education
INMED Program
University of North Dakota School of Medicine
Universal Health Communications, Inc. (UHC, Inc.)

Nutrition
American Dietetic Association
Food and Nutrition Information Center (FNIC)
Indian Health Service
Maniilaq Association Health Education Program
Zuni Wellness Center

Oral Health
Arizona Department of Health Services

Prenatal Care
National Clearinghouse for Alcohol and Drug Information

Smoking Cessation
Navajo Nation Family Planning Corporation

Substance Abuse
National Clearinghouse for Alcohol and Drug Information (NCADI)
Seattle Indian Health Board
Southwest Regional Center for Drug-Free Schools and Communities

Women's Health
Minnesota Department of Health
Native American Women Health Tracking System
Navajo Nation Family Planning Corporation